

Meals on Wheels

Email: Mealsonwheels@archway.ca | **Telephone:** 604-870-3764

For more information, please visit our website www.archway.ca/program/meals-on-wheels/

Delivery Information

Daily Fresh Delivery: Mon - Thurs 9:30am - 11:30am

Frozen Meal Delivery: Wednesdays 9:30am - 11:30am

Office Closed: Fridays & Stat Holidays

We do not deliver on: Friday, Saturday, Sunday

Meals subject to change without notice if necessary

48 hours' notice for ordering fresh meals

Frozen orders must be placed or cancelled before - 12pm Thursday

 **Holiday Meal:**

Chicken Pot Pie

Delivered: June 24 - 27 week

July 2024

MONDAY 1 ST <small>SAVE ON FOODS</small>	TUESDAY 2 ND <small>SAVE ON FOODS</small>	WEDNESDAY 3 RD <small>SAVE ON FOODS</small>	THURSDAY 4 TH <small>SAVE ON FOODS</small>
CLOSED Canada Day	Main: Perogies & Sausage Side: Dessert	Main: Roast Beed & Cheddar Sandwich Side: Chicken noodle soup Side: Dessert	Main: Penne, Meatballs & Marinara Side: Dessert
MONDAY 8 TH <small>SAVE ON FOODS</small>	TUESDAY 9 TH <small>SAVE ON FOODS</small>	WEDNESDAY 10 TH <small>SAVE ON FOODS</small>	THURSDAY 11 TH <small>SAVE ON FOODS</small>
Main: Chicken Dinner, Mashed Potatoes, Gravy & Vegetables Side: Dessert	Main: Ginger Beef, Rice & Chowmein Side: Dessert	Main: Egg Salad Sandwich Side: Tomato Soup Side: Dessert	Main: Chefs Salad with Ham & Chicken Side: Dessert
MONDAY 15 TH <small>SAVE ON FOODS</small>	TUESDAY 16 TH <small>SAVE ON FOODS</small>	WEDNESDAY 17 TH <small>SAVE ON FOODS</small>	THURSDAY 18 TH <small>SAVE ON FOODS</small>
Main: Chicken Taco Bowl Side: Dessert	Main: Salt & Pepper Chicken Wings & Coleslaw Side: Dessert	Main: Turkey Club Wrap Side: Corn Chowder Side: Dessert	Main: Chicken Alfredo Side: Dessert
MONDAY 22 ND <small>SAVE ON FOODS</small>	TUESDAY 23 RD <small>SAVE ON FOODS</small>	WEDNESDAY 24 TH <small>SAVE ON FOODS</small>	THURSDAY 25 TH <small>SAVE ON FOODS</small>
Main: Lasagna & Small Salad Side: Dessert	Main: 1 pc. Crispy Chicken with potato salad Side: Dessert	Main: Ham & Swiss Sandwich Side: Potato Bacon Soup Side: Dessert	Main: Meatballs, Mashed Potato, Gravy & Vegetables Side: Dessert
MONDAY 29 TH <small>SAVE ON FOODS</small>	TUESDAY 30 TH <small>SAVE ON FOODS</small>	WEDNESDAY 31 ST <small>SAVE ON FOODS</small>	THURSDAY 1 ST <small>SAVE ON FOODS</small>
Main: Mac & Cheese Side: Dessert	Main: Twice baked potato, Ham & Vegetables Side: Dessert	Main: Chicken Salad Sandwich Side: Broccoli Cheddar Soup Side: Dessert	Main: Chicken Pot Pie Side: Dessert

Sponsored in part by

FROZEN MEAL MENU

Mae's Elite Foods

Entrees \$8.25

- #1 - **Liver and onions**
Tender pieces of liver topped with fried onions. Mashed potatoes/gravy and carrots
- #2 - **Braised Pork Steak Dinner**
slow simmered in mushroom sauce with parsley potatoes & mixed vegetables.
- #3 - **Pork Sausage Dinner**
Jumbo sized pork sausages with gravy, mashed potatoes, and yellow beans.
- #4 - **Baked Ham & Pineapple**
Baked ham and pineapple sauce, scalloped potatoes, and carrots
- #5 - **Roast beef Dinner**
with mashed potatoes, gravy, and carrots.
- #6 - **Salisbury Steak Dinner**
with mashed potatoes, gravy and carrots
- #7 - **Tortiere Meat Pie Dinner**
French Canadian meat pie with mashed potatoes and green beans
- #8 - **Beef Sausage Dinner**
Jumbo beef sausage with mashed potatoes, gravy and peas
- #9 - **Roast Chicken Dinner**
dark chicken with mashed potatoes, gravy and carrots
- #10 - **Turkey Cutlet**
mashed potatoes with gravy & carrots
- #11 - **Chicken Cordon Bleu**
Stuffed chicken breast with mashed potatoes, gray, peas and carrots
- #12 - **Lemon Herb Breaded Sole**
Baked sole with rice pilaf and carrots
- #13 - **Baked Cod**
in a lemon dill sauce with rice pilaf and vegetable medley
- #14 - **Pork Cutlet**
Mashed potatoes with gravy & butternut squash
- #15 - **Homestyle Meatloaf**
Meatloaf with mashed potatoes, gravy and corn.

Casseroles \$8.25

1 Pound —

- #1 - Ground Beef Stroganoff
- #2 - Swedish Meatballs
- #3 - Shepherd's Pie
- #4 - Chili con carne
- #5 - Spaghetti and Meat sauce
- #6 - Macaroni Beef and tomato
- #7 - Beef Pot Pie
- #8 - Beef Stew
- #9 - Beef Lasagna
- #10 - Beef potato and gravy bowl
- #11 - Turkey potatoes and gravy bowl
- #12 - Chicken a la king
- #13 - Chicken and broccoli casserole
- #14 - Chicken stew and dumplings
- #15 - Chicken Pot Pie
- #16 - Sweet and sour pork
- #17 - Ginger beef
- #18 - Teriyaki chicken bowl
- #19 - Chicken chow Mein
- #20 - Creamy macaroni and cheese

Soups \$4.25

500ml —

- #1 - Beef barely with vegetables
- #2 - Split pea and ham
- #3 - Cream of tomato
- #4 - Chicken noodle
- #5 - Garden fresh vegetable

Desserts \$4.00

- #1 - Rice Pudding
- #2 - Apple Crisp
- #3 - Country Orange Cake
- #4 - Carrot Cake
- #5 - Bran Muffin
- #6 - Blueberry Muffin
- #7 - Assorted Cookies
- #8 - Butter Tart

Tabor Village

Entrees \$8.25

- #101- **Rosemary Chicken**
with red potatoes and asparagus, corn & red peppers
- #102 - **Roast turkey**
with cranberry stuffing and roasted Brussel sprout mix.
- #103 - **Chicken cutlet**
in mushroom gravy, parsley buttered noodles, peas.
- #104 - **Pesto chicken**
with scalloped potatoes squash
- #105 - **Veal Parmigiana**
baked potato, French green beans.
- #106 - **Braised beef**
mashed potato, mexican vegetables and Yorkshire pudding
- #107 - **Meatloaf**
mashed potato and buttered carrots
- #108 - **Lemon butter Salmon**
spinach rice and mixed vegetables

Vegetarian \$8.25

- #109 - **Crispy tofu and veggie**
stir-fry with sesame noodles
- #110 - **Tuscan Lasagna** with
sunrise vegetables and garlic bread
- #111 - **Mac and Cheese** with fall
medley vegetables

TO PLACE AN ORDER

Phone: 604-870-3764

E-mail: Mealsonwheels@archway.ca

Delivery Days: Every Wednesdays

9:30am - 11:30am

***Please place order by Thursdays (12pm)
for following week delivery***

Deliveries - Free of charge
Pick-up available